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Bangalore Mirror ON SATURDAY

TEMP Max 29 | Min 20 | Humidity 75% Generally cloudy sky and rain Sensex 58,803 | Nifty 17,539 | Gold 50,330 | Silver 52,479 | Dollar 79.85 | Euro 79.80 | GBP 92.38

Many citizens, govt employees, retired as well as serving, had invested money in SKSCCL. Elderly couple tells BM of the aftermath and struggle

SWINDLER'S LIST

HC directed state govt in Sept 2021 to attach properties of accused

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Elderly couple — S Krishnoji Rao and Leela Bai — has to depend on others for shelter and workplace after joining the list of thousands of gullible people who lost their hard earned money to fraud.

Krishnoji Rao, a tailor who used to work as a realtor, sold his residential site and invested the sale proceeds of Rs 4 lakh in Sree Kanva Souharda Cooperative Credit Limited (SKSCCL) four years ago.

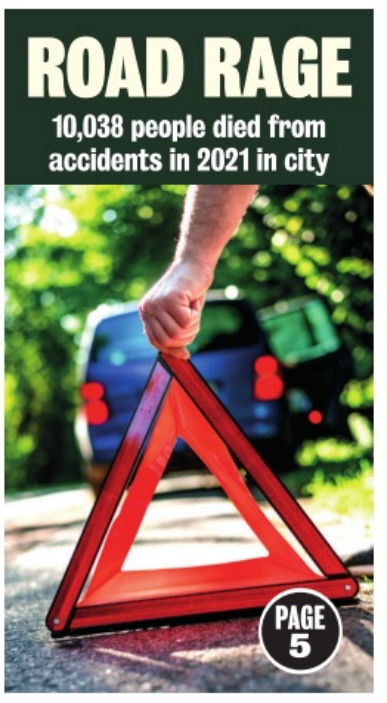
Now, Rao, accompanied by his wife Leela Bai, runs pillar to post in anticipation of getting the money back some day.

"It is my fault. I was misguided by an agent who promised and assured income for my investment. Now, I am finding it tough to make both ends meet. I am not able to earn money by working as a realtor or a tailor due to my age," Rao told BM.

At present, Rao has been working as a tailor and earns around Rs 100 per day. He is operating from a garage owned by a retired government officer.

CONTINUED ON PAGE 10 »

> "It is my fault. I was misguided by an agent who promised assured income for my investment
> — S Krishnoji Rao, tailor/realtor



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3 THINGS TO DO

01 Slice of classic

This Saturday, The Finer Side & School of India are hosting The Manasi Prasad Ensemble, supported by Studio Pepperfry (Kanakapura Road) and Mitra For Life (NGO Partner). Combining the essence of classical music with a fusion / contemporary expression, The Manasi Prasad Ensemble brings together established musicians in a high-energy performance. The set includes reinterpretations from Carnatic, Hindustani, Folk repertoire as well as freshly composed pieces with a dash of Konnakkol (vocal percussion) and jazz influences.
Where: The Finer Side, H Block, BSK 6th Stage
When: September 3, 6.30 pm to 9 pm
Tickets: Bookmyshow.com

02 Anytime Stories

Jagriti Theatre presents 'Anytime Stories with Granny Ru'. The show is a solo storytelling performance by Arundhati Raja, Founder Trustee of Jagriti Theatre; directed by Rebecca Spurgeon, Artistic Director of Jagriti Theatre. Anytime Stories with Granny Ru is designed for young children using dramatic storytelling making the imaginary worlds of Henny Penny, Old Woman & the Pig and Jack & the Beanstalk come alive.
Info: Jagriti Theatre (Sept 3, 3:30 pm), Ranga Shankara, (Sept 4, 3:30 pm & 7:30 pm)
Tickets: Bookmyshow.com

03 When crayons quit!

The Day the Crayons Quit is a play based on the bestselling book by the same name. Written by Drew Daywalt, this is a delightful little book about how all the crayons in the box are protesting about something or the other. They all have a genuine problem and have had enough. So they decide to quit. This play is 45 mins of high energy engagement with kids as we transport them into the world of the crayons. The final song encapsulates what the takeaway from the play really is -- 'To try new things everyday'.
Where: Bangalore Creative Circus, Yeswanthpur Industrial Suburb; When: Sep 3, 4 & 6 pm
Contact: 90089 33559

Mist-perfect!

Bengalureans on Friday woke up to a layer of mist that enveloped the city, putting visibility at an all-time low.

PIC: KAUSHIK JN

Precaution doses are in need of major boost

Only 13.5% of total adult population in Bengaluru inoculated with booster dose; with festive season ahead, this could be dangerous, warn experts

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The covid-positive numbers in Bengaluru may be steady after a recent dip in fresh cases, but low inoculation rates for the booster dose is turning out to be a cause of concern. Experts say that with the festive season approaching, this may be dangerous for the population at large.

When it comes to the booster dose, only about 13.5 per cent of the total adult population in the city has rolled up their sleeves for the vax. While the total adult population of the city is 91.7 lakh, only around 12.4 lakh individuals have taken the booster dose so far. Around 40 per cent of those above the age group of 60 have taken the precautionary dose so far.

Experts say that the number of individuals going for the booster dose has dropped further due to the recent festive season. For instance, only 284 individuals across all the categories took the precautionary dose on Thursday.

As per the official data, while 2.07 lakh healthcare workers have taken the second dose of the vaccines so far, less than one lakh have taken the booster dose. Similarly, less than 50 per cent of the total frontline workers in the city have gone for the jab so far.

With the festive season approaching, experts say it can be dangerous if people are not cautious and decide to skip the precautionary dose.

"The need of the hour is to capitalise on the easy availability of the third dose of the covid vaccine. The vaccine-related protection with two doses will certainly fade over time. Thus, all eligible individuals must take the booster dose and continue to follow the use of masks in crowded areas and public," said Dr Swati Rajagopal, infectious disease and travel medicine consultant, Aster CMI Hospital.

Experts say the number of positive cases is underreported as the majority of the people are not going for covid tests. Moreover, many are also opting for home testing and those results might not be known.

While the booster dose is one of the protective mechanisms, healthcare experts say that those attending mass gatherings should exercise other caution too.

"During monsoon and the upcoming festival season, there is a high risk of contracting and spreading infections. Food and water-borne infections as well as respiratory tract infections are highly likely. During the festival season, there will be a gathering of people that will lead to an increased spread of any communicable disease.

"While the booster dose is one way to safeguard ourselves against the infection, maintaining hand hygiene is crucial too. Keeping a safe distance between people, avoiding overcrowded areas, and wearing a mask when going outside are some of the musts," said Dr Vishwanath V Bellad, senior pulmonologist, BGS Gleneagles Global Hospital.

A citizen gets inoculated with the precautionary dose at a government health centre in Bengaluru (file picture)

Only 40 per cent of those 60 and above have taken the booster dose, according to official data

BangaloreMirror
Few rolling up their sleeves for booster dose

Our story on Aug 17 spoke on how there were few takers for booster jabs despite being made free at government medical institutes

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Heavy rains fill up city lakes

Due to low rainfall, urbanisation, encroachment, lakes were not providing locals enough water

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Many lakes in and around the city have reached their brimming points. According to locals, most of these lakes never filled up in the recent years, but this year's rainfall – the highest in a long time – led to the same.

Experts say that with no perennial source of water for Bengaluru, many lakes were constructed to store it. Apart from being home to many aquatic species, lakes also help with increasing the water table. Due to low rainfall, urbanisation, and encroachment of rajakaluves, the water bodies were not filled up in many places. As a result, the water table had reached a low and caused water shortages for those drawing water from wells and borewells. Experts also say that the government should prioritise desilting of lakes so that they can store more water.

Will the government really remove encroachments?

Whenever the city faces flash floods, authorities say that stopping encroachment of rajakaluves is the only solution. During Chief Minister Siddarmaiah's time, the demolition drive had begun to clear encroachments. However, it was surprisingly halted. Now, with many areas marooned in water, the demand to remove encroachments has once again found voice.

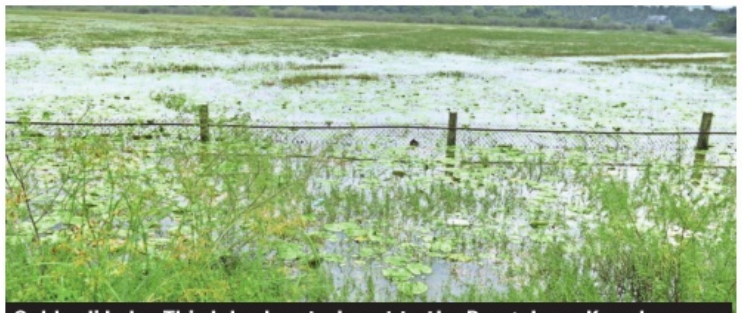
According to BBMP data, a total of 2,626 encroachments were notified in Bengaluru. Out of this, 428 were removed in 2016-17 and 1,502 were cleared in 2018-19. This means that another 696 encroachments are yet to be cleared.

The maximum encroachments are in Mahadevapura zone (136). It may be noted that Mahadevapura zone had faced one of the worst flash floods in the last few days as the lake water filled up roads and layouts. Dasarahalli zone has the second highest encroachments (126), followed by East zone (110), Yelahanka (96), Bommanahalli (66) and West (59).

Here is a list of lakes that overflowed following the recent rains.

Bheemanakuppe Lake: This lake in Yeshwanthpur Assembly constituency is spread across 83 acres and has recently overflowed due to heavy rainfall.

Singayyana Lake: This lake has overflowed after a gap of eight years. In fact, locals had a nice time fishing. (Above) One of the lucky residents caught a huge fish for a feast.



Gabbadi Lake: This lake, located next to the Bengaluru-Kanakapura highway, has filled up in record time as the catchment area witnessed one of the highest rains in its history.

Hennagara Lake: This lake near Anekal is a huge water body spread across 510 acres. With the lake overflowing, locals had a tough time wading through water in the absence of a bridge.

Jigani Lake: The Jigani area has seen rapid urbanisation with many industries coming up, and with loss of a water source, it was not filling up with fresh water. It has now reached its brim.

Kaggalahalli Lake: This lake is also located on Bengaluru-Kanakapura Road and has reached the brim after many years.

Neralur Lake: This lake spreads across 72 acres and has filled up after a gap of 26 years.

Byrasandra Lake: This lake near Kengeri spreads across 30 acres. Its filling up has brought joy to the locals as they had not seen so much water in the recent times.

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Bad infrastructure

Mico Layout

Roads and drainage systems are very bad in Hongasandra, Mico Layout, 13th cross.

Rain woes

Rajajinagar

During rains, water enters houses around Muthu Mariyamma Temple, Rajajinagar.

Unsafe road

Marathahalli

This road near Spice Garden Bus Stop in Marathahalli is unsafe for commuters.

Final destination for speed demons

In 2021, 10,038 people died from road accidents in city: NCRB report

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The recent data released by National Record Crime Bureau (NCRB) for 'Accidental Deaths and Suicides in India' says that in 2021, Karnataka had 10,038 deaths due to road accidents. Experts believe that the main reason behind road accidents in the city is rash driving, negligence, and a large number of private vehicles.

The data released also says that out of the 10,038 deaths, 8,602 of the victims were men. The number of road accident-related deaths in the state was 9,760 in the year 2020. However, in a different report by the city traffic police department, Bengaluru last year recorded 651 deaths due to road accidents.

According to the NCRB report for 2021, most of the accident victims were two-wheeler riders.

Kuldeep Kumar R Jain, Deputy Commissioner of Police (Traffic), West Division said that the main reason behind the accidents involving two-wheelers in Bengaluru is negligence. "Either they are speeding or intoxicated while riding and hit a pole or a tree. Other than that, many of them either do not wear a helmet or wear the kind of helmet that is of no use."

The DCP added that pedestrian death rates are also increasing.

Pedestrians are also a big part of the road accident-related fatalities. This happens when they do not follow the traffic guidelines and do not use the skywalks or pedestrian crossings and jump the median. Footpath encroachment in the city is another major reason behind pedestrian accidents. "To solve that we are booking as many cases of illegal parking as we can," he added.

Riding triple and that too without a helmet is one of the main reasons behind road accidents in Bengaluru, say traffic experts (file)

Experts also believe that 68 per cent of road accidents occur because of the drivers themselves.

Traffic expert MN Sreehari explained, "There are three major reasons behind road accidents in general; these are roads, driver and the vehicle. Roads are a major contributor to accidents. The condition of the roads in the city is not good which leads to many fatalities. There are the notorious potholes also. Many people meet accidents trying to avoid the potholes."

However, the main reason still remains the driver's negligence, he added. There will be 1-2 per cent exceptions and that cannot be avoided completely. But the traffic rules are made to be followed, he said.

According to the NCRB report, month-wise patterns of traffic accidents reveal that the maximum number of traffic accidents occurred in January which accounted for 9.9 per cent nationwide.

Also, the maximum number of traffic accidents in the country have taken place during 18:00 hrs – 21:00 hrs and 15:00 hrs – 18:00 hrs, accounting for 19.9 per cent (84,221) and 17.6 per cent (74,241) of total traffic accidents (4,22,659) respectively in 2021.

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Important clauses of rent agreement

If you are planning to rent a house, ensure that you read and understand the terms and conditions of agreement prior to registering it

After weeks of searching for a suitable place, you've finally narrowed it down to one apartment. However, don't celebrate yet. Discuss and finalise the terms of the agreement before signing on the dotted line. "Once agreed upon, the rent agreement is the go-to document which both parties have to abide by," says Preeti Pandya, a real estate agent.

Here are some key clauses that every rent agreement must have:

Terms of payment

The agreement should clearly mention the amount of rent that the tenant has to pay to the landlord at the start of every month. It should also mention the applicable rate of rent increase after the end of the first year. The next aspect is the security deposit. "Typically, landlords ask for a year's rent as security deposit in Bengaluru. This is usually higher for furnished apartments as compared to unfurnished ones," says Ankit Mehta, who recently paid a security deposit. Other important details include payment of utility bills like maintenance, electricity, piped gas, parking fees, etc.

Duration

The lock-in period and overall tenure are two factors that must be clearly outlined in the agreement. "A lock-in period typically depends on the overall tenure during which neither the landlord nor the tenant can terminate the rent agreement," says Mehul Shah, a real estate agent. Another important clause is the notice period, which is usually 30 days prior to vacating the premises.

Regulations

Every property owner might impose rules that are separate from the legal terms and conditions. From restrictions on keeping pets, having house guests, verify all these terms.

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Devanahalli Road is turning into prime realty hub

With Metro, suburban rail, high-quality road infra and properties, plots for all budgets, this area is home-buyers' dream

Work on Namma Metro towards Kempegowda International Airport is gathering pace, which is a major connectivity boost for Devanahalli area

Are you planning to buy a luxe or budget property in the city? Then North Bengaluru and Devanahalli will be your destination. Devanahalli which is home to Bengaluru's international airport is also home to a number of luxury properties. From villas to luxurious lakeside vacations, Devanahalli is turning out to be Bengaluru's luxe destination.

Realtors say that it is to cater to people who want to stay closer to the airport that many luxury and high-end apartments are coming up here. Secondly, infrastructure on Devanahalli Road is among the best in the city. So, commutes on this road to the city is easier. It is not just luxury project, but a number of properties for all kind of budgets are available here.

Realtors say that it is to cater to people who want to stay closer to the airport that many luxury and high-end apartments are coming up here. Secondly, infra on Devanahalli Road is among the best in the city

The Devanahalli Road infrastructure has been boosted by a six-lane road along with a five-kilometre plus long flyover that connects Devanahalli to Bengaluru City. There are plans to connect it with service roads.

There are also many other roads that connect Devanahalli to the periphery of Bengaluru. Another major infrastructure project is Metro -- the Namma Metro network towards Kempegowda International Airport is gathering pace. Sources said that the land acquisition at most of the stretches is almost complete so the contractors can fast track the project. The project entails 57-km-long tracks from Central Silk Board to Kempegowda International Airport. Around 30 stations will be part of this project which is being projected at a cost of Rs 14,788 crore.

Officials said that more than 94% of the land has been acquired. According to BMRCL estimates, Hebbal station, which will be an interchange station in the future, may see a footfall of 60,897 passengers every day. KR Puram, another interchange station is expected to have 51,983 commuters, Nagawara 50,470, KIA terminal 48,113, Yelahanka 30,647, Kempapura 24,013 and Kodigehalli 20,288.

If Metro is not enough, there is also a proposal for a suburban train. The suburban train project is set to give a big boost to the realty sector. Many areas that were next to railway tracks and yet didn't have good connectivity will see a big growth.

People also prefer to buy plots here as future growth of the residential areas looks bright. The suburban train corridors are spread from Kengeri to Whitefield, KSR Bengaluru railway station to Devanahalli (via Yeshwanthpur), Chikkabanavara to Baiyyappanahalli and Heelalige to Rajanukunte. There will be a total of 57 stations. The trains will have air-conditioned coaches. There will be many junctions where the suburban trains will have common/adjacent stations with railways and Metro.

In fact, there will be 23 stations with connections to suburban trains and railways, five stations which will connect one suburban corridor to another and 11 Metro stations will have connections with suburban trains. Bengaluru Suburban Rail Project is planned at a completion cost of Rs 15,767 crore. It is to be implemented via joint venture company K-RIDE.

— Prakash VL

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Hell or high water

The climate emergency makes everything unpredictable. But the tendency to hide behind this unpredictability and wash hands off duty bound responsibility towards tax paying citizens is dangerous as inevitabilities mount and consume what's left of civilisation.

Disharmony is not in the best interest of human settlements especially now for vast urban conglomerations that are Indian cities. Many of these settlements were villages in the fringes that fell to haphazard explorations of greedy realtors, now equipped with shoddy civic infra.

Disharmony of stakeholders in this upcoming, populous and bustling metropolis surely is challenging. However, If we look east, we see examples of thriving metros that have tackled infrastructural challenges well in advance to confidently traverse into the future and benefit from the economics of doing so. We cannot delay a robust urban flood defence set up in Bengaluru anymore, as the challenge is unfathomable with no system in place for what is coming.

In Tokyo of today, one of the most populous cities, many worry whether the existing flood defence would hold forth in the aftermath of the climate crisis. Much research and wisdom have gone into the making of Tokyo's futuristic labyrinthine drainage mechanism, one of the best in the world and a case study for urban planners. Smart City would benefit immensely if it would dispatch a team to visit.

Tokyo's Metropolitan Area Outer Underground Discharge Channel (MAOUDC), the world's largest flood water diversion facility, was commissioned at a cost of $2 billion in 2006. The 'floodwater cathedral', as many call the intricate system, took 13 years for the Japanese to conceive; it is of humongous proportions — huge sumps than can house skyscrapers interlinked with a network of dams, levees and tunnels supported by gigantic pillars, to flood-proof Tokyo.

In young and vibrant Bengaluru, economic welfare of all stakeholders is squarely dependent on robust urban infra, which is possible only when the citizenry, agencies responsible and elected representatives play their parts in harmony just as a piece of music comes together in a melody or an equation solves itself a gazillion times in clockwork. An odd note or missing value is a spanner in the works that brings the system to a halt.

If one is to look beyond the carefully crafted veneer of regular updates, posts and newspaper clippings of urban body social media handles, the spanner has been stuck in the works of Bengaluru's infrastructure for a long time now. So, when would this metropolis smarten up besides the branding, social media outreach, media

quotes and get real is the critical question.

Amidst repeated attempts to tap into the trappings of manufactured disharmony, sooner elected representatives realise the simple, basic, and nonetheless, a fortress of an idea, that is harmony, Bengaluru shall survive and thrive in these unprecedented times that shall seal humanity's evolutionary trajectory, especially in cities of tomorrow, where economic future of the world shall be delivered.

Harmony is one of the primary prerequisites for smart urban infra. You see, 'smart' is not a monolith nor is it an exclusionary idea as some would like us believe — 'smart' grows and thrives in variety and in the coming together of a multitude of ideas tapping into the demographic dividend. The idea of a smart city is reduced to an exclusionary tamasha and rendered obsolete when pedestrians find themselves disenfranchised in zebra crossings as BM reported the other day. A pedestrian crossing on Millers Road conceived by Bengaluru Smart City Limited is as absurd as it can get in terms of urban amenities. The crossing leads to a kerb garden and onto metal dustbins. Smart is set back when footpaths and sidewalks of this metropolis are encroached by builders who behave like hooligans in cahoots with the administration, bribing their way.

Well, one is left wondering, who is behind this bizarre idea of 'smart'? What is a smart city? It is definitely not one we saw on August 30 in Bellandur in the immediate aftermath of record precipitation or during many other instances in the recent past when extreme weather overwhelmed already ailing urban infrastructure as BM has reported time and again. Bengaluru has all things in favour and the potential to transform itself into a smart, futuristic and inclusive urban conglomeration in the country, that too in no time. Meanwhile, certain elements of society must fall in place and function akin to clockwork to realise the aforementioned smart urban setting.

First and foremost of it all is for the citizenry to step out of the social media echo chamber and taste the bitter reality of a struggling young urban centre falling apart and collapsing on itself in civic apathy. The future is going to be as dynamic as it is catastrophic. Bengalureans cannot knowingly be fence-sitting and waiting as obvious signs of calamitous times ahead unravel.

Reusing water: Better public loos for E-City

ELCITA floats tender inviting application to integrate e-toilets with the Caltech technology that can save water

Melvin Mathew
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TWEETS @BangaloreMIRROR

Electronics City is going to get 20 public e-toilets integrated with technology from Caltech that will allow for the reuse of wastewater. It is estimated that use of this technology can save 60,000 litres of water.

The Electronics City Industrial Township Authority (ELCITA) has floated tenders inviting applications to integrate the e-toilets with the California Institute of Technology (Caltech) technology. The modular, prefabricated toilets made of steel and integrated with user–friendly electronic interfaces are widely used in E-City limits. Now, this self-sustaining technology is expected to enhance the utility of these loos. While e-toilets are unmanned, the water used to clean the facility is freshly used each time.

The wastewater from the e-toilet is collected in the Primary Waste Collection Tank which is an aerobic baffle reactor (ABR). The effluent from the tank will be treated with Caltech's patented ECR technology which works on the principle of electrochemical treatment. After the electrochemical reaction, water undergoes multiple stages of filtration, and this treated water will give back to the e-toilet for flushing and floor washing.

"Even the water being treated at STPs is wasted. It goes through a bio-filter and the treated water goes into the drain. To prevent unnecessary wastage of water, we have decided to adopt Caltech Technology. Once the toilet is flushed, the water goes through primary treatment. After the primary treatment, the water enters the secondary tank and gets treated again. It further goes into an RO system and is used for flushing again. This creates a cycle and reduces the dependency on water drastically," said ELCITA CEO Lt. Col. Ravindra Singh.

On a pilot basis, one e-toilet will get new tech and project will be extended to 19 others

Singh added that the move is aimed at making Electronics City more water positive. "We want to make sure that Bangalore Water Supply and Sewerage Board (BWSSB) water is being used only for drinking and kitchen purposes. For all other uses, citizens can use rainwater or treated water. Treated water can be used for gardening, cleaning, and so on," he added.

This move is expected to save a lot of water. "We have 20 e-toilets in the limits but the usage varies.

> **We want to make sure that BWSSB water is being used only for drinking and kitchen purposes**
> –ELCITA CEO Lt. Col. Ravindra Singh

E-toilets near the bus stand tend to see more usage. Roughly, 2,000-3,000 litres of water is used for washing and flushing. While the water can be recycled, again and again, only 80-90% is recovered after treatment and 10% is lost as sludge," he said.

On a pilot basis, one e-toilet will be integrated with the technology. Based on its success, it will be extended to the remaining 19.

The bidders will be required to study and design the technology, develop the infrastructure needed for design and implementation, do civil work for the Caltech process as per drawing, integrate existing e-toilets, and deliver e-toilets with complete works.

The proposal allows e-toilets to be automatically supplied with treated water.

Save grasslands: 60,000 sign up

More than 60,000 people have so far signed an online petition to notify Hesaraghatta Grasslands as a conservation reserve. The petition was started by Conservation India.

Situated on the periphery of Bengaluru, the Hesaraghatta lakebed spans an area of about 1,912 acres. The 356 acres of the landscape surrounding the lakebed is the last remaining grassland habitat in the Bengaluru region.

On September 5, the Karnataka State Wildlife Board and the Chief Minister will determine whether or not the region should be declared a conservation reserve. The land is likely to be turned into a concrete jungle if a development project is approved in the coming month.

Bengalureans and environmental activists have also been vocal about the issue on social media.

"It is so important to conserve the limited green space that we have left in the state. Making it a concrete forest will be a huge environmental loss and will affect the flora and fauna as well," said Jagdish BK, a resident.

The state forest department, along with the animal husbandry department, had planned a proposal to declare the 5,010-acre land area as "Greater Hesaraghatta Grassland Conservation Reserve" and placed it before the board. However, it was rejected.

BM had reported on Aug 22 about the various campaigns by citizens

Around 235 species of birds, some of them listed as endangered or vulnerable on the International Union for Conservation of Nature Red List, are part of the grassland's exotic fauna. 400 species of insects, of which nearly 30 have been described as new to science by entomologists, and 100 species of butterflies including the very rare Lilac Silverline (Cigaritis lilacinus), have chosen this land as their breeding spot, the petition mentioned. "I have been trying to get as many signatures for this petition by sharing it with all my friends and acquaintances. I believe that the authorities need to make the right decision. One that is good for our future as well as for the ecosystem," said Sugandhi Jaganath, a resident of Bengaluru.

—Saumyangi Yadav

Once in 12-year purple haze ornaments Chikkamagaluru

Rare purplish blue flowers called Kurinji, unique to Western Ghats bloom in Chikkamagaluru district

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

UTHAM HULIKERE

Chikkamagaluru district is full of blooming Neelakurinji flowers

Neelakurinji bloom is one of the most awaited events for those who love flora and fauna. This time, Chikkamagaluru district is covered with blooming flowers. Interestingly, many are surprised to find not just purple flowers but also baby pink flowers blooming this time.

The rare purplish blue flowers unique to the western ghats called Kurinji or Neelakurinji (Strobilanthes kunthiana) which blossoms once in 12 years are back this year on the vast terrains of Nilgiris in the peak blooming season- August to October.

Kurinji is a shrub found in the Western Ghats. Nilgiri Hills, which means the blue mountains, got their name from the purplish blue flowers of Neelakurinji.

Utham Hulikere, president of Chikkamagaluru Coffee Growers' Welfare Association told Bangalore Mirror, "This time, we are spotting the bloom at near sunset point, Kavikal Math, on the foothills of Rudragiri. This stretch is part of the Western Ghats. This time we are happy to see baby pink flowers blooming amidst purple flowers. It is not just a treat to the eyes but we can expect good quality honey this year as these flowers attract many honey bees. The sunset point is 20 kilometres from Chikkamagaluru en route to Estate cafe. Last year, we saw Neelakurinji bloom in Kodagu district and I can remember the flower blooming here 12 years back in the months of August-September."

Around 46 varieties of Neelakurinji have been identified in India. Out of 46 variations that are found in India, not all types take the 12-year-long hiatus to flower, with some blooming cycles ranging from annual to 16-year periods. However, all over the world, there are about 240 varieties.

In India, they are primarily found in the Western Ghats of Tamil Nadu, Kerala, and Karnataka

In India, they are primarily found in South India. It is mainly found in the Western Ghats of Tamil Nadu, Kerala, and Karnataka, including Ooty and Munnar. Last year, the bloom was spotted near Mullayanagiri, the highest peak in Karnataka.

Many from Bengaluru are now heading to Chikkamagaluru to get a glimpse of Neelakurinji.

"To be honest, watching these flowers with naked eyes is much more beautiful than seeing them in photos. Every time, I never miss an opportunity to watch this once in a 12-year wonder. Last year, I went to Mandalpatti to see these flowers. This year, I am planning to head to Chikkamagaluru for the weekend. I am sure many like me want to be there as well," said Srinivas R, a techie.

Environmentalists are urging the forest department to restrict entry to a few visitors as increased footfall can affect the plants.

Pai bats for graft-free K'taka

In the wake of Prime Minister Narendra Modi's visit to Karnataka to inaugurate and lay the foundation for projects worth Rs 3,800 crore, IT industry veteran T V Mohandas Pai on Friday appealed to Modi for a "corruption-free" government in Karnataka.

"Thank you, Sir! @narendramodi @AmitShah @JPNadda. We need the corruption-free development-oriented govt that you have run in Delhi for India here too! Corrupt officials should be sacked, corrupt politicians sidelined. All projects accelerated, good governance in future!" the former Chief Financial Officer of IT major Infosys Ltd tweeted.

Slew of projects

Prime Minister Narendra Modi on Friday inaugurated and laid the foundation for mechanisation and industrialisation projects worth around Rs 3,800 crore in Mangaluru.

One of them that was worth over Rs 280 crore was for the mechanisation of a berth for handling containers and other cargo undertaken by the New Mangalore Port Authority (NMPA).

He laid the foundation of five projects worth around Rs 1,000 crore undertaken by the port.

Further, the Prime Minister inaugurated two projects undertaken by Mangalore Refinery and Petrochemicals Limited -- BS VI upgradation project and a desalination plant worth Rs 1,830 crore and Rs 680 crore respectively. —Agencies

Race for Mysuru's next mayor; a possible coalition?

With mayoral elections nearing, all three parties JDS, Congress, and BJP, eye the coveted post

Janata Dal (Secular) party is trying to make a coalition with Bharatiya Janata Party for the Mysuru mayoral election. JDS helped BJP earlier to get the mayor's post by staying neutral. Now JDS claims that BJP must return the favour.

This indirectly indicates that JDS may join hands with Congress if BJP fails to support it.

Earlier, BJP took advantage of the lack of understanding between Congress and JDS, contested independently, and got elected to the mayor's post.

Congress follows a wait-and-watch policy and is keen on developments in the JDS party. It is sure to take advantage if there is a failed coalition between the two parties.

There are nine members interested in the coveted post from JDS; four men and three women members.

The leaders of the three parties conducted separate meetings on the strategy to follow for the elections.

On Thursday BJP conducted a meeting in the party office, Congress party members convened a meeting in Congress leader Ayub Khan's residence, and JDS party leaders conducted a meeting headed by Sa.Ra.Mahesh in a private hotel.

MLA Sa Ra Mahesh said, "In the last election we gave an opportunity for JDS, now it is their turn to give the Mayor post to JDS."

Ex-Mayor Ayub Khan said, "JDS party is opportunistic. They will directly or indirectly join hands with BJP. Last time they stayed neutral to support the BJP candidate. We are observing movements of both the parties".

BJP President TS Srivatsa said, "Our party members opined that to develop the city, it is essential to get the Mayor post. We will communicate this to the party leaders".

—Prakash VL

How not to invest hard earned cash

CONTINUED FROM PAGE 1

"A generous person gave us a small accommodation. I have to thank the government officer for allowing me to operate my tailoring shop from his car garage," Rao said.

As fate would have it, Rao cannot depend on his daughter or son for financial help as the latter have their own set of problems.

"My daughter works as an attendant at a school. She has to look after her husband who has paralysis. My son too has to look after his wife who is partially paralysed. That's not all: my wife and I were injured while using an escalator at a metro station five months ago. A philanthropist paid the hospital bill," narrated Rao.

Many government employees, retired as well as serving, had invested money in SKSCCL. "I retired as a doctor from the family welfare department. My husband approached a public sector bank to deposit the money I got from the state government.

My husband was misguided by the PSU bank manager who insisted my husband invest the money in SKSCCL. We invested Rs 20 lakh and the fixed deposit matured in 2019; but we are yet to receive our money," said Dr Venkatamma.

Many individuals like Venkatamma invested their hard-earned money expecting high returns for their investments. "My mother sold her house and invested Rs 40 lakh in SKSCCL. Now, she is taking shelter at my house. I do not know whether the government takes measures to recover depositors' money from SKSCCL," said Sharada, daughter of Geetha, who invested Rs 40 lakh in SKSCCL.

According to Muralidhar Lakkanna, administrator of Sri Kanva Scam Victims Group, the High Court directed the state government in September 2021 to attach properties of the accused and make arrangements for the restitution of depositors' money.

"Recently, we approached Basavanagudi MLA Ravi Subramanya and appealed to him to help the victims. The competent authority has been postponing taking measures for the benefit of victims, even a year after the High Court's order. I expect a favourable decision at a meeting scheduled to be held on September 5," said Lakkanna.

Arrested seer remanded to police custody till Sept 5

 # Chitradurga

Chief pontiff of Murugha Math Shivamurthy Murugha Sharanaru, who has been arrested for alleged sexual abuse of two minor girls, was on Friday remanded to police custody till September 5.

The seer was arrested on Thursday night and sent to jail in the early hours of Friday where he developed health complications.

He was taken to the district hospital, where medical tests were conducted. The medical team which examined him was contemplating to shift him to Sri Jayadeva Institute of Cardiovascular Sciences and Research in Bengaluru for treatment, sources said.

The 64-year old Sharanaru was produced on Friday in the local court, which remanded him to police custody for four days. The seer, wrapped himself in a white cloth around his saffron attire, was taken in a wheelchair to the court.

Sharanaru has been booked under provisions of the Protection of Children from Sexual Offences (POCSO) Act and the SC/ST (Prevention of Atrocities) Act for allegedly sexually abusing two high school girls, studying in a school run by the Math and staying in hostel also belonging to it.

Chief pontiff of Murugha Math Shivamurthy Murugha Sharanaru being taken to hospital for health check up, in Chitradurga on Friday

The pontiff of one of the most prominent and influential Lingayat Maths in the State was questioned by police for several hours on Thursday night. Meanwhile, Chief Minister Basavaraj Bommai said the police have been given a free hand to investigate the sexual abuse case in accordance with law.

He did not wish to comment on allegations regarding the "delay" in the arrest of the seer.

"There is no need to respond to all these talks. I have already said that everything will happen in accordance with law. It is not right to comment on the case at the present situation," Bommai said in the coastal city of Mangaluru in response to a question on delay in the seer's arrest.

Leader of Opposition in the Karnataka Assembly Siddaramaiah sought an impartial probe by the police, based on the complaint lodged by victim-girls, in connection with the case. Becoming the first senior leader from the opposition Congress to comment on the case, the former Chief Minister said the allegations against the seer were "serious" in nature.

"The allegations against Chitradurga Muruga Mutt Swamiji is (are) serious. The police should carry out (an) impartial investigation based on the complaint filed by the girls and reveal the truth," Siddaramaiah tweeted. **PTI**

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I Nanjundappa Chandra Sekhara S/o K R Nanjundappa R/o 1/A, 11th Main, Jayanagar Housing Co-op Society, Thurahalli, Uttrahalli, B'lore 560061 have changed my name to Nanjundappa Chandra Shekar for all purposes

I, B M Mallikarjuna Swamy R/o No 1958 South End D Road 26th Main 9th Block Jayanagar Bengaluru 560069 have changed my minor son's name from Vinayak Mallikarjuna to B M Vinayak for all purposes.

I, Nikunj Shah S/o Sureshkumar Babulal Shah R/o 1A-112, Suncity Gloria Apt, Kodathi , Surjapur main Road B;luru-560035 have changed my name from Nikunj shah to Nikunj Sureshkumar Shah

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

FIRE IN THE SKY

Mesmerising colours during one of many sunsets in Bengaluru

The picture was clicked by reader **Jalaja Mohan**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

A path-breaking stretch lies ahead

In Kadugodi's tree park, senior citizens exit space as quickly as they enter due to broken path that is a walker's nightmare

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

Bengaluru's tree parks are a vital space for the young and old to enjoy a moment of solace and go on a brisk stroll as well. However, lack of maintenance often makes it these green spaces difficult to use, especially for senior citizens. The tree park in Kadugodi is one such space which needs urgent repairs and has garnered the attention of the senior citizens living nearby. They said that the path is broken, and they face a lot of problems while walking.

Radha Kannan, a resident of the area, said, "The Kadugodi tree park is a very good initiative, and it provides a much-needed lung space and a walking place, especially for the senior citizens. However, the walking track itself is not friendly for walking. The stretch is stony, hard, uneven, and badly broken and makes it very difficult for walking. I have arthritis and by the time this park was inaugurated, my knee condition was very bad, and walking on that path was extremely difficult for me."

Not just senior citizens, but others are also inconvenienced because of it.

Take a walk here if you dare: The path in Kadugodi's tree park

> **"The stretch is stony, hard and uneven and badly broken; it is difficult to walk here**
>
> – Radha Kannan, a resident of the area

Roshni S, another resident of the area, added how after the tree park was inaugurated, she was very happy as she thought that it would be a good space for her mother. "She would get fresh air as well. But, after walking for a few minutes, we decided to leave the place."

It feels really good to spend time amid nature and I want to be able to explore the place more, but I cannot do it because, due to old age, my knees have become weak, and the path is not quite walkable. So, I just came back after spending a few minutes over there, said Rajesh M, another senior citizen residing in the neighbourhood.

Ravishankar SS, DCF, said, "It is a natural road, not made of concrete nor asphalted. The main purpose of the road is to help people walk as well as be close to nature. Now, during the rains, the road might be a bit muddy, and it might have some water but other than that it is in good condition."

DID YOU KNOW?

The East Parade Church, consecrated in 1865, is located on Mahatma Gandhi Road, in the Bangalore Cantonment. The church comes under the Karnataka Central Diocese of the Church of South India. Started in the early 19th century as the Wesleyan Mission Chapel by Wesleyan believers of the Madras Army with Tamil and English services, the Church has services in Tamil and Malayalam.
The name East Parade comes from its location on the East of the Parade Grounds of the Madras Engineer Group (MEG) regiment. The present church building was raised in 1865, on the site of the old Wesleyan Mission Chapel, with an inscription dated 6th October 1863 marking the laying of the foundation stone. The Wesleyan Mission Chapel was built in front of the Wesleyan Mission House, and could accommodate nearly 300 people. (Wikipedia)

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What has been your favourite/ worst experience during the rain in the city?

Gopal Shastry, BM Reader
A sudden burst of clouds in the evening, while travelling is the worst experience faced quite often in the rainy season. With poor and inadequate drains, roads getting flooded, traffic jams at their peak, these are some experiences to remember.

Athul P Chacko, BM Reader
Because of the rain I was able to stay at home and get some rest as my work was cancelled, so that was a good memory.

Manish Sharma, BM Reader
I was going to my patient's house when I fell down from my scooter because there was a pothole on the road which I could not see as it was filled with water.

Aritra Bhattacharya
BM Reader
During the heavy rains, my entire basement was flooded and it took me one whole day to clean it. That was the worst experience for me.

Upasana Padhiary, BM Reader
During the rain there were pretty bad moments, but one of the good ones was when I met my childhood friend and we both got off from work because it was raining heavily and we got to spend the day together at houses.

Krithika Venugopal, Student
The sewage pipelines overflowed and left all the residents in discomfort. Having no other option, we decided to call the BBMP officials. To our surprise the officials responded promptly and came to our area within an hour.

SPEAK TO US

What is an advantage of living in Bengaluru that is not there in any other Indian city?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Tharoor seeks publication of electoral roll

Congress leader Shashi Tharoor has written to the party's central election authority chairman Madhusudan Mistry, seeking the publication of electoral roll for the upcoming poll to the post of AICC president

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SC grants interim bail to Teesta Setalvad

Entire matter on merits shall be considered by High Court independently, says top court

#NEW DELHI

The Supreme Court on Friday granted interim bail to activist Teesta Setalvad in a case in which she was arrested for allegedly fabricating documents to frame innocent people in the 2002 Gujarat riots cases. The apex court directed Setalvad to surrender her passport till the matter is considered by the High Court.

A bench of Chief Justice UU Lalit, Justice S Ravindra Bhat and Justice Sudhanshu Dhulia said that in its view Setalvad is entitled to release on interim bail. The bench also said that Setalvad shall be produced before the concerned court for interim bail and the concerned court shall release her in bail subject to such conditions that the concerned court deem fit.

In this file photo, social activist Teesta Setalvad being produced at Metropolitan Magistrate court in Ahmedabad

In its order, the top court noted that Teesta, a lady, has been in custody since two months and the investigative machinery has had the advantage of custodial interrogation of her for seven days. "In our view, the appellant (Setalvad) is entitled to the release on interim bail... We are not considering whether Setalvad is released on bail or not and High Court shall decide the same. We are only on during the pendency of such application, should the custody of the appellant be insisted upon or be granted interim bail. We have considered the matter only from the standpoint of interim bail... Thus, we grant Teesta Setalvad interim bail," the bench stated in its order.

It added, "The entire matter on merits shall be considered by the High Court independently and uninfluenced by any observations made by this court. It is clarified that the order passed considering facts including that she is a lady and shall not be used by other accused and submissions of other accused be considered purely on their merits."

The order came on a plea of Setalvad seeking interim bail. **ANI**

India launches new aircraft carrier as China concerns grow

#NEW DELHI

India commissioned its first home-built aircraft carrier Friday as it seeks to counter regional rival China's much larger and growing fleet, and expand its own indigenous shipbuilding capabilities.

The INS Vikrant, whose name is a Sanskrit word for "powerful" or "courageous," is India's second operational aircraft carrier, joining the Soviet-era INS Vikramaditya that it purchased from Russia in 2004 to defend the Indian Ocean and Bay of Bengal.

The new 262-metre (860-foot) carrier, designed by the Indian navy and built at the Cochin shipyard in southern India, was launched by Prime Minister Narendra Modi as part of the country's commemoration of 75 years of independence from British rule.

More than just adding to the country's naval capabilities, Modi stressed the importance of India now being only one of a handful of nations with an indigenous carrier program.

"It's a historic day and landmark achievement," Modi said. "It's an example of the government's thrust to make India's defense sector self-reliant." The carrier is the largest warship to be built in the country, and can carry a crew of around 1,600 and operate a fleet of 30 aircraft, including fighter jets and helicopters, the navy said. More than 75% of India's new aircraft carrier's components are indigenously procured, with half a dozen major industrial firms and over 100 smaller businesses providing equipment and machinery, according to the Defense Ministry.

A naval engineer works at the Control Room of the Indigenous Aircraft Carrier (IAC) Vikrant at Cochin Shipyard in Kochi

A delay of six years caused a six-fold price overrun to 200 billion rupees ($2.5 billion) at present, according to defense experts.

The 47,400-ton warship will be fully operational by the end of 2023 after first undergoing landing trials with India's Russian-made MiG-29K fighter aircraft. India plans to equip the carrier with more than two dozen new fighters, with the Rafale-M from France's Dassault and the F/A-18 Block III Super Hornet built by Boeing currently being considered. **AP**

Flights cancelled, chaos at IGI airport

#NEW DELHI

Chaos reigned at IGI airport's Terminal-3 on Friday after Lufthansa airline cancelled two of its flights due to a pilots' strike stranding hundreds of passengers.

Around 700 passengers on Friday were stranded at the IGI airport's Terminal-3, police said.

According to police, more than 100 people, relatives and family members of the stranded passengers, gathered outside the airport and demanded refunds or alternate arrangements.

Among the stranded people, many were students whose classes are starting soon. The passengers, visibly distraught and mostly in their early twenties, sat down at the airport with their luggage and shouted "We want Justice."

Passengers have alleged that no help has been provided by the airport authorities.

"We have been given no food, no accommodation and no flight rebooking. We are stranded here. Our classes are starting next week. We need to go back urgently," said one passenger.

Several of them also took to social media, urging for help from the government. "All @lufthansa flights cancelled … Sir, please help us..We are students, senior citizens and so many people stranded here in Indira Gandhi Aiport, Terminal 3. We are stuck here. Staff has vanished," a passenger tweeted.

Lufthansa had on Thursday said the strike announced by the pilots' union Vereinigung Cockpit (VC) will have a massive impact on flight operations on Friday. **PTI**

Woman pushed from moving train as she resists sexual assault bid

#CHANDIGARH

In a shocking incident, a 30-year-old woman, travelling to Tohana town in Fatehabad district in Haryana along with nine-year-old son, was killed when she was pushed from a moving train by a 'drunk' man when she resisted a bid of 'sexual assault', the police said on Friday.

The incident took place late Thursday night between Dhamtan Sahib, about 10 km from Narwana, and Tohana railway stations, they said. The woman, Mandeep Kaur, 30, and her son were travelling in a general coach of the train.

The accused, Sandeep, who was alone in the wagon, started troubling and teasing her as the train crossed Dhamtan Sahib, the police said.

When she resisted, the man allegedly pushed her off the train. Later, as per the police, he also jumped off the moving train.–**IANS**

Twitter 'deliberately' defiant to laws: Centre tells K'taka HC

#BENGALURU

The Centre has told the Karnataka High Court that Twitter "deliberately" remained non-compliant and defiant to the laws of the land and that the social media giant has no role to play in the security of the country.

The submission was made by the Ministry of Electronics and Information Technology (MeitY) in its 101-page statement of objections on Thursday while opposing the micro-blogging platform's petition before the high court against the government's takedown and blocking orders. On the claims by Twitter that political tweets were asked to be taken down, the Centre stated that it had only asked for unverified accounts to be blocked.

"The petitioner deliberately remained non-compliant and defiant to the laws of the land. Only on the diligent follow up of the respondent No.2 (Centre) and upon the issuance of show cause notice dated 27.06.2022 the petitioner for reasons best known to it suddenly complied with all the blocking directions," the Centre said while seeking dismissal of the petition.

Twitter has challenged blocking orders for 39 URLs. The hearing in the case is slated to be held on September 8.

In its petition, Twitter had claimed that freedom of speech is affected by the takedown notices of the government. The originators of the content on its platform were not issued notices before their content was asked to be taken down, it said.

Twitter has challenged blocking orders for 39 URLs. Hearing in the case is slated for September 8

However, the government in its objections said that since Twitter was the intermediary, it was the micro-blogging site's responsibility to inform the users. "When a public order issue arises, it is the government that is responsible to take action and not the platform. Hence, whether content will cause national security or public order issues or not should not be allowed to be determined by the platforms."

The Centre submitted that any private policy or rules made by online platforms are subject to the Information Technology Act 2000. "Foreign platforms providing services in the country shall not be entitled to claim that the Indian laws and rules are not applicable upon them. Any such claim is legally untenable," it said. The objections also called for dismissal of the petition on the ground that Twitter is not entitled to seek relief as it is not a citizen of India.

"Article 21 rights are not available to artificial juristic entities, much less, to any foreign commercial entity." **PTI**

HEALTH TIP: If a person is angry or depressed, eating will not solve these situations and can make the underlying problems worse

Diet drinks may not be a good choice as they make some people hungrier and increase food consumption

Don't self-diagnose

Think someone you know has 'narcissistic personality disorder'? Online quizzes don't have that answer

It's not uncommon these days to hear someone – such as an ex-romantic partner or a politician – be described as a "narcissist". Singer Robbie Williams recently told an interviewer he took an online test to see if he was one.

He revealed the test suggested a "mild indication of narcissistic personality disorder".

But what is narcissism, when is it a problem, and can an online test really provide a reliable diagnosis?

A fixation on oneself

According to the Greek myth, a beautiful young man called Narcissus fell in love with his own reflection in a pool of water.

He stayed staring at it for the rest of his life. His name gave rise to the term "narcissism", characterised by a fixation on oneself.

Narcissism is a cluster of traits along a range of severity.

At one end of the spectrum, people may be confident, charming and well-adapted.

In the middle of the spectrum, people may be overly focused on seeking out status, success and admiration at work or in their social lives.

They can have a need to appear perfect, special, or superior to others in order to feel okay about themselves.

At the very extreme end, it may become a disorder in which people can be self-centred, grandiose, and destructive.

What's 'narcissistic personality disorder'?

"Narcissistic personality disorder" is a mental health diagnosis given to people with extremely narcissistic traits. These traits have reached the point where they start to impact on the person's ability to function at work or socially.

Narcissistic personality disorder is relatively rare.

It is estimated around 1 per cent of the population has a diagnosable form of the condition.

Men tend to be more narcissistic than women.

There is no evidence that young people are more narcissistic than previous generations at the same age.

Their symptoms are described as "pervasive", meaning they are obvious across all of a person's activities, not just in specific situations.

So, on the face of it, pop star Robbie William's insistence his score on the quiz reflected only his narcissistic personality on stage is not quite accurate.

> **'Narcissistic personality disorder' is a mental health diagnosis given to people with extremely narcissistic traits that have reached the point of impacting their social life**

People with narcissistic personality disorder tend to overestimate their abilities and exaggerate their achievements. And they are surprised or angry when others don't notice their accomplishments.

They need constant confirmation of their value, specialness or importance. They may have fantasies about power, success, having perfect lives or relationships, believing these are not only achievable but deserved.

Specialness by association

People with narcissistic personality disorder might talk a lot about how people in their lives are extra special in some way – such as being the very best at something or leaders in a particular field – because it increases their own sense of specialness by association.

When their status or superiority is challenged they can respond with extreme anger, rage or belittling the person and their opinion.

They find it difficult to tolerate the thought they may be flawed or vulnerable in some way.

In relationships, they can have exceedingly high expectations of devotion from partners and friends, but may themselves be low in empathy and lack awareness of others' needs.

They may be envious of and unable to celebrate the success of others, and respond by devaluing them.

They are often unaware of the impact of their behaviours on others.

How is it diagnosed?

Diagnosis should only be made by a mental health professional. Trying to diagnose yourself or someone else with an online quiz may give you results that are misleading and unhelpful.

Narcissistic personality disorder is a cluster of symptoms on a continuum and many diagnoses share similar symptoms.

For a proper diagnosis, a clinician needs to assess which cluster of symptoms is present, how far along the continuum they are, and which other diagnoses to exclude.

But a symptom checklist might help you work out whether you should consider seeing a mental health professional for further assessment or support.

How do people get this way?

We don't know exactly what causes narcissistic personality disorder.

There is probably a genetic component. Traits such as aggression, poor emotional regulation, and low tolerance to distress tend to be high in people diagnosed with narcissistic personality disorder.

Certain experiences in childhood are also more likely to lead to narcissistic personality disorder.

These might be either particularly negative, such as trauma or rejection, or overly positive, such as excessive praise or being constantly told you have extraordinary abilities.

Parenting styles that are either very neglectful or overly protective are also associated with the development of narcissism.

People with narcissistic personality disorder often have other mental health conditions, particularly mood disorders.

Can it be treated?

Narcissistic personality disorder is a lifelong condition that is considered manageable, but not curable.

There is no standard medicine or psychological treatment for narcissistic personality disorder.

Psychological treatment aims to reduce the severity of symptoms, improve mood, manage impulses, and build communication and relationship skills.

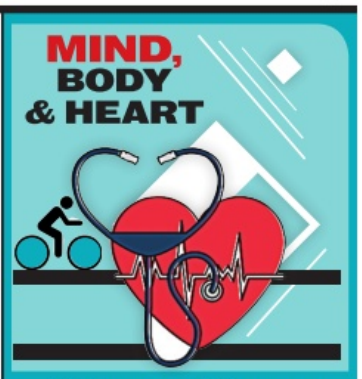
One of the main goals of therapy is to develop more realistic expectations of others.

Medicines that help with other mental health problems like anxiety, depression, and bipolar disorder may also help reduce some symptoms.

People are more likely to seek help for another mental health condition, such as depression.

Getting treatment for these conditions can also positively impact personality disorder symptoms.

- By Paula Ross and Nicole Lee for The Conversation



All problems solved

Dear Coleen

We've been together four years and have a daughter aged two. We're due to get married in December in the village where his parents live - but I've thrown a huge spanner in the works. I upset his mum so badly she burst into tears.
I've found the planning of the wedding difficult because she's so involved. It's taking place at her local church and her friends are providing the venue, the marquee, and so on.
I feel like I've had no say in most things. But I've obviously been storing up resentment, because the other day, when we were all together, she tried to advise me on something to do with my daughter and I just lost it.
I started shouting at her to back off and that I was a grown woman and could make my own decisions. The truth is, it wasn't really about my daughter, but about the wedding. She went upstairs in floods of tears and I left, feeling terrible. I'm not sure how to make it right.

COLEEN SAYS

This is what can happen if you bottle up your feelings – you reach a tipping point. I think you probably realise now that it could have been avoided if you'd been honest with your future mother-in-law and maybe also built up a closer friendship. Because you've given in for a quiet life, she may have assumed you were OK with her decisions and happy for her to plough ahead with organising stuff.
It is possible to be assertive without offending people – for example, you can say you love an idea but you'd prefer to do it this way because of these reasons. As far as upsetting her goes, just turn up and say, "I'm sorry, let's start again", and talk it out. It might even be a turning point in your relationship, so you can be more honest with each other from now on and hopefully closer as a result.

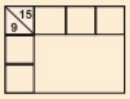
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

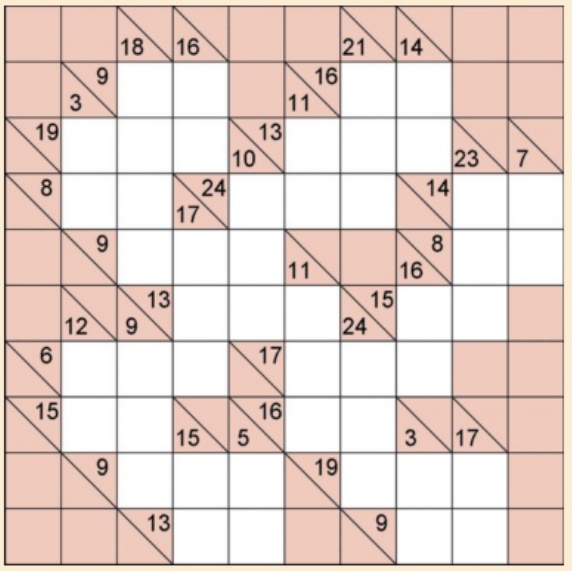
$$\frac{2*3*4}{4!} + \frac{4*5*6}{4!} + \frac{6*7*8}{4!} + \frac{8*9*10}{4!} = ?$$

Kakuro

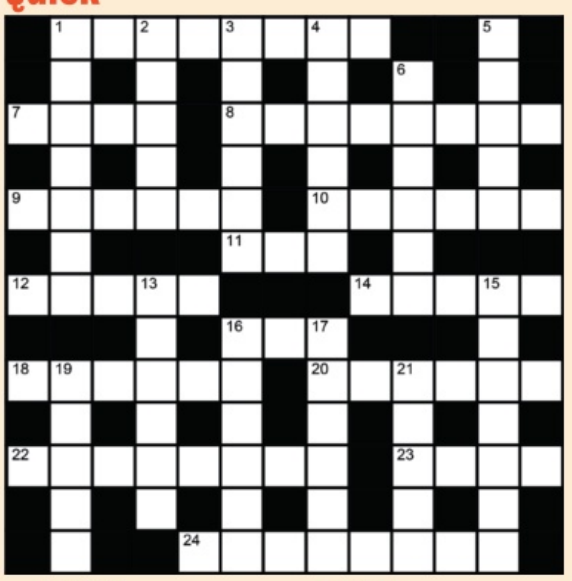
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Science of reality (8)
7 Smear (4)
8 Fabric (8)
9 Answer back (6)
10 Censured, charged or condemned (6)
11 Nursery item (3)
12 Drinking-vessel (5)
14 Totted up (5)
16 Male child (3)
18 Famous landmark on the corner of Kasturba road and Vittal Mallya Road (2,4)
20 Succulent bivalve (6)
22 Readily perceived, tangible (8)
23 At the back (4)
24 Pragmatic or down-to-earth (8)

DOWN

1 Source of fuel (3,4)
2 Trunk (5)
3 Doleful song (6)
4 F Scott Fitzgerald wrote "The Great ____"? (6)
5 Degree in rank (5)
6 Mission (6)
13 Economizes (6)
15 Raise (7)
16 Cheerio (3-3)
17 Sings in a sing-song voice? (6)
19 Reduce speed (5)
21 Scour (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS U

SFC ACWG OVVJYG GUJ GQCGU RQFA ZUOGJEJQ WFCQVJ LG VFAJW.

Linemaro

When I looked up the word beautiful in the thesaurus, I saw your name instead

Mindchow

The one who says it can't be done should never interrupt the one doing it

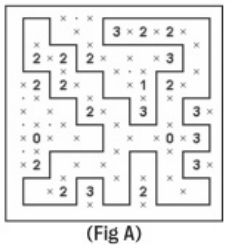
Joke of the day

Everybody should believe in something. I believe I'll have another beer.

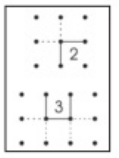
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

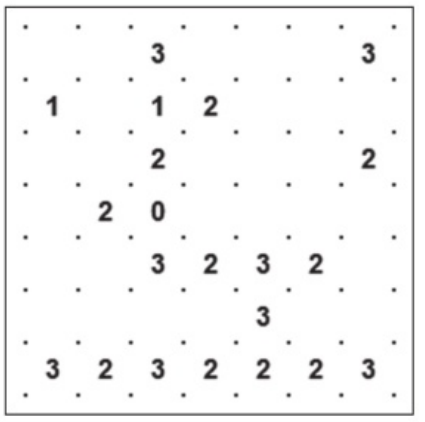


(Fig B) Not Allowed

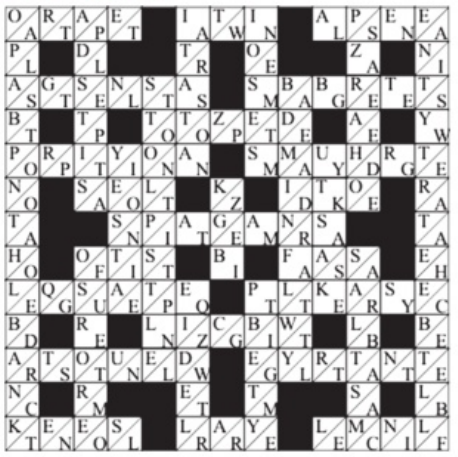
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2 B	3	4	5
6				
7				
8				
9				

ACROSS

1 Booes; 6 Wheal; 7 Exalt; 8 CE jet; 9 Stint

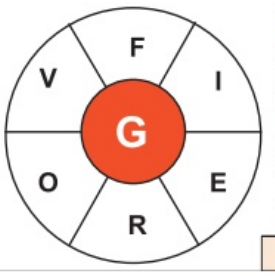
DOWN

1 Towel; 2 Jab hi; 3 Atone; 4 Lee CT; 5 X sets

Mensapuzzle

Draw the missing figure in the above sequence.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

SudokuChallenge

9	8			2			1	3
		1				9		
7			9		1			5
	9		3		6		5	
2								8
	1		4		2		3	
6			1		9			4
		3				5		
8	7			4			2	6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2
1 3 8 8

Medium = 23
2 3 6 7

Hard = 12
2 9 9 3

Hocusfocus

Find at least six differences in details between panels.

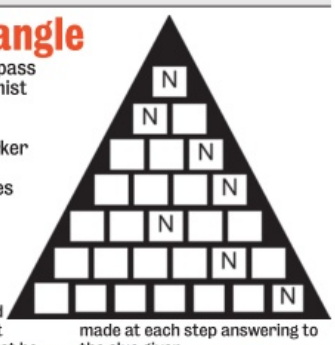
Differences: 1. Pocket is missing. 2. Ear is different. 3. Handle is added to pot. 4. Leg is moved. 5. Bush is smaller. 6. Blanket is smaller.

Riddler

I am something people love or hate. I change people's appearances and thoughts. If a person takes care of themselves I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try, I will never go down. What am I

Alpha triangle

1 North on the compass
2 Neon for the chemist
3 Guys
4 Attitude
5 Underground worker
6 Royal fur
7 Set of dietary rules



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

STUPID DINGBAT.!!
NOW, FATHER.! TANGLEFOOT HAS A LOT OF POTENTIAL. I THINK HE'LL REALLY BE A BIG SUCCESS
THEY SAID THE SAME THING ABOUT GENERAL CUSTER
6-20

Bizarrotrip

Diamond Lil

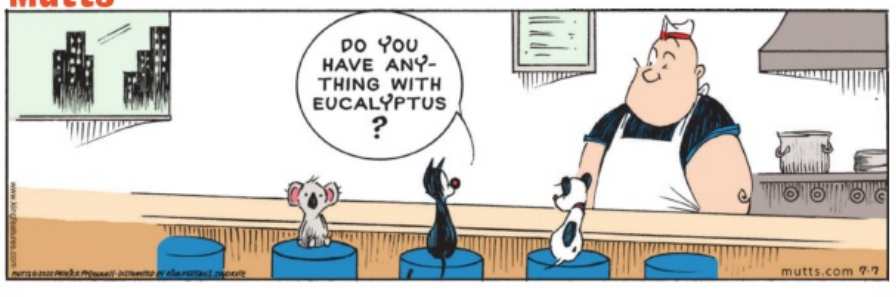
Hart of the city

HEART, C-A-N Y-O-U P-A-S-S M-E--
I'M GONNA HAVE TO STOP YOU THERE. I CAN'T SPELL THAT FAST! AND COOL, POPULAR KIDS DON'T NEED TO SPELL.
THIS AGAIN?
WHY DOES HEART THINK "THE COOL KIDS" DON'T SPELL?
WHO KNOWS? BUT THEN AGAIN, IT'S NOT LIKE SHE WOULD KNOW. SHE'S A LOSER LIKE THE REST OF US.
HEART OF THE CITY © 2022 ANDREWS MCMEEL
ANDREWSMCMEEL.COM/HEARTOFTHECITY
4/4

Crankshaft

SO HOW FAR HAVE OUR INVESTMENTS FALLEN?
WE'VE LOST ALMOST HALF OF WHAT WE PUT IN!
OH WELL... I WASN'T REALLY LOOKING FORWARD TO THE KNEE SURGERY ANYWAY.
BATTUK & DAVIS crankshaftcomic.com/books
6-27

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may enjoy time with your family. You may spend some romantic moments with your spouse, which may boost understanding. You are likely to spend money on buying some artefacts or household items to renovate your house. You may enjoy parties and events. Think carefully before investing.

Taurus Apr 21 – May 20
Today you may feel happy and energetic. You may explore and analyse yourself, which may give you confidence to face any type of challenge. This can make you fearless and courageous. You are advised to keep patience while making some financial decisions in business. Lovebirds may enjoy happy moments.

Gemini May 21 – Jun 21
Today is a good day for you. Your enthusiasm may be at peak and needs regulation. Self-analysis may help you gain confidence, which may increase your prestige in society. You will resolve many problems with the help of your communication skills. Investors are advised to avoid speculation. You may also plan for higher studies.

Cancer Jun 22 – July 23
Today you may be able to implement business plans successfully with support from your juniors. You may be involved in some social or family get-together which may boost your network. You are likely to go for short business-related trips. This may bring you benefits in the near future.

Leo Jul 24 – Aug 23
Today is a good day. Your financial health is likely to be good. You may get benefits from past investments. You may have control over your expenditure on worthless items, which may boost your savings. Love birds are advised to be polite in conversation with the partner, otherwise there may be conflict between them.

Virgo Aug 24 – Sep 23
Today you may be busy with issues related to siblings and relatives. You may plan to start a new venture with the help of your siblings and network. You are likely to get an order, which may increase your family business. Your network may help you complete your tasks successfully. There may be some smart gains after a little effort.

Libra Sep 24 – Oct 22
Today is not a good day for you. You may be a victim of negative thoughts. You may be impatient. Your arrogance may push you back from making difficult decisions. Your life seems to stop somewhere. You may be in need of help from your elders, which is likely to help you deal with messy situations. Avoid investments in dead assets. Lovebirds must avoid discussion on worthless topics.

Scorpio Oct 23 – Nov 22
Today, at the start of the day, you may not be focused on your work, but with the help of your elders, you may be able to control this mess. You may easily find resources that might be important for completion of a project. Your sources of income are likely to be increased, and your losses may be converted into profits, which may boost your financial health.

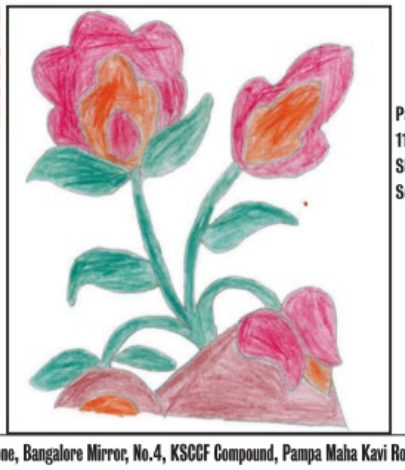
Sagittarius Nov 23 – Dec 22
Today you can expect a big order from a new client which will increase your liquidity. You are likely to meet some influential person who will help you grow your business. Your bonding with your boss may become strong and you may expect promotions because of hard work. Your prestige may be increased now.

Capricorn Dec 23 – Jan 20
Today you are blessed by your elders, which may bring you patience in your thought process. You are likely to be happy and calm. You may plan to visit some spiritual place to seek peace of mind. You may also donate to charity. There may be some chances for overseas travel.

Aquarius Jan 21 – Feb 19
Today you may not be able to enjoy your work life as well as family life. You are advised to avoid arrogance and ego with your spouse, otherwise it may affect your emotional bonding. Problems in partnerships are likely to be resolved. Singles are advised to avoid hurrying before making decisions related to marriage. With the help of patience, you may come out from messy situations.

Pisces Feb 20 – Mar 20
Today you may feel dull and have some health issues which are likely to affect your day-to-day work. You may find yourself under mysterious fears, which can make you sensitive and emotional. You are advised to avoid rash driving and adventure tours. You may be attracted to the occult.

KIDZONE



Pavithra S, 11 Years, SES English School

Karthik S, 10 Years, SES English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

$\frac{2^3 \cdot 4}{4^3 \cdot 2} + \frac{4^5 \cdot 6}{4^3 \cdot 2} + \frac{6^7 \cdot 8}{4^3 \cdot 2} + \frac{8^9 \cdot 10}{4^3 \cdot 2} = \frac{24}{24} + \frac{120}{24} + \frac{336}{24} + \frac{720}{24} =$

1 + 5 + 14 + 30 = 50

RIDDLER
Age

QUOTE UNCODE
You must accept the truth from whatever source it comes.

FAST FIVE

O	B	O	E	S
W	H	A	L	E
L	A	T	E	X
E	J	E	C	T
T	I	N	T	S

STRIKE OUT

A	R	A	T		A	W	N		A	P	N	A		
P		D		R	O		A		N					
A	G	E	N	T	S		S	A	B	R	E	S		
C		R		E	M		A		L					
A	T	O	N	E	D		G	Y	R	A	T	E		
B	R		L	I	C	I	T		L		B			
E	Q	U	A	T	E		P	L	E	A	S	E		
H		F	I	T		B	A	S	S		H			
N		S	O	L		K	I	K	E		R			
T		N	I	A	G	A	R	A			T			
O	P	T	I	O	N		S	M	U	D	G	E		
T		P		O	O	Z	E	D		A		W		
K	E	E	L		R	A	Y		E	M	I	L		

QUICK

O	N	T	O	L	O	G	Y		G					
I		O		A		A		E		R				
B	L	U	R		M	A	T	E	R	I	A	L		
W		S		E		S		R		D				
R	E	J	O	I	N		B	L	A	M	E	D		
L				T	O	Y		N						
G	L	A	S	S		A	D	D	E	D				
		K		B	O	Y			L					
U	B	C	I	T	Y		O	Y	S	T	E	R		
R		M		E		D		C		V				
P	A	L	P	A	B	L	E		R	E	A	R		
K		S		Y		L		U		T				
E		S	E	N	S	I	B	L	E					

BULL'S EYE
ergo, forge, FORGIVE, frog, giro, give, giver, gore, grief, grove, ogre

MENSA PUZZLE
The white dot moves corner/side/corner anti clockwise and the black dot does the same clockwise

SUDOKU

9	8	5	6	2	4	7	1	3
3	6	1	8	5	7	9	4	2
7	2	4	9	3	1	8	6	5
4	9	7	3	8	6	2	5	1
2	3	6	7	1	5	4	9	8
5	1	8	4	9	2	6	3	7
6	5	2	1	7	9	3	8	4
1	4	3	2	6	8	5	7	9
8	7	9	5	4	3	1	2	6

ALPHA TRIANGLE
N, Ne, Men, Men, Miner, Ermine, Regimen.

LOOP

GO FIGURE
Easy
3 + 8 – 8 – 1 = 2
Medium
3 x 6 + 7 – 2 = 23
Hard
9 – 2 x 3 – 9 = 12

KAKURO

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KRK bail plea hearing on Monday — Actor Kamal Rashid Khan, popularly known as KRK, will stay in jail in the controversial tweets case for now as hearing on his bail plea was adjourned to Monday

In a super pricey show

Citadel set to be 2nd most costly series of all time with $250 mn budget

Citadel', the upcoming spy franchise starring Richard Madden and Priyanka Chopra in lead roles, is set to be the second most expensive series ever made.

After it was reported that the show had run into creative differences after wrapping up its shoot this past December, The Hollywood Reporter now claims that the show has overshot its budget.

Helmed by 'Avengers: Endgame' director duo, Joe and Anthony Russo, the series was reportedly set for an estimated budget of $160 million. However, multiple sources told the news outlet that the differences in vision led to the exit of half the creative team and forced the show into a round of reshoots that are proving to be very expensive.

The seven-episode series overshot its budget by around $75 million, taking the total to an estimated production cost to $250 million.

The show is now among the most expensive shows ever made, only second to 'The Lord of the Rings: The Rings of Power'. According to reports, the first season of the LOTR franchise is said to cost an estimated $465 million. While the series debuted worldwide today, the makers have already announced that the show will have 5 seasons.

According to the report, Amazon Studios which is backing the series had some reservations about the early footage, which lead to creative differences between showrunner Appelbaum and the director-duo. Ultimately, the studio sided with the Russos and fired Appelbaum.

The report further stated that while the budget did hit upwards of $250 million gross, the high covid-19 costs were not factored in when the series was initially greenlit. Nor did it account for significant tax credits for shooting in locales such as London.

Citadel is set to focus on a group of various international spies who join forces for a grand mission. The show plays an important role in flagging off multiple spinoffs, which would follow some of the individual spies as they embark on solo missions in their respective home countries." **—ETimes**

The dance of life

SARVASYA NATYAM

2.5 RATING ★★½☆☆

- **DIRECTOR** Manjunath BN
- **ACTORS** Rishikumar Swami, Shamya Gubbi, Harsha Cheluvaraj, Anju Kalakrishna
- **CERTIFICATION** U
- **CERTIFICATION** 118 minutes

Sarvasya Natyam is about dishonest practices among dance schools competing to be in the limelight. It also conveys a message that art is no one's monopoly and anyone can master it with dedication and sincere efforts.

The movie begins with James (Harsha Cheluvaraj) organising a cocktail party for his friends to celebrate his dance school's success in a competition. While most of his friends are having a good time, Pooja (Shamya Gubbi), a classical dancer and in-charge of an orphanage, tells James she is not happy with his school's success. At this juncture, the director shows us how James manipulated the competition's results and how he tried to eliminate Raja (Rishikumar Swami) to avoid potential competition. Soon after, Pooja rescues Raja and admits him to a hospital for treatment. She requests Raja to train orphan children to dance. He agrees but the kids are not ready to focus on dance or work hard. He has to face many issues while training the children. Will he or won't he succeed in training the children is the crux of the film.

Director Manjunath BN deserves appreciation for selecting a subject that needs a lot of hard work. After all, it is not an easy task to manage a number of children during shooting. As far as performances go, it is nice to see Rishikumar Swamy on the silver screen. However, he looks tired in the movie. He deserves a pat on the back for his dancing skills but the same cannot be said for his performance in emotional scenes and in dialogue-delivery. Harish Cheluvaraj is convincing as a villain with a good physique and tonsured head but his performance in a few scenes looks hammed up. Shamya Gubbi has provided good support. The comic scenes featuring Bajarangi, a cook and Venkatesh, an employee of the orphanage, fail to elicit laughs. A drawback is poor lighting. It is not clear why cinematographer MB Hallikatti compromised with lighting for the competition scenes. Music director AT Raveesh has done a good job with, Sorry Sorry being the best number.

All said, it is worth a watch, especially with kids, who would like assurance that hard work does pay dividends. **—Y Maheswara Reddy**